

HR Contacts –

Below are the **December** HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

Important News From HealthQuest



HealthQuest Monthly Seminar – www.kansashealthquest.com

Healthy Holidays!

Healthy eating and happy holidays can go together. Learn how a few small changes can make your holiday dishes healthier, get tips on staying in control at parties and enjoy the season without the guilt!

For seminars: Log on to www.kansashealthquest.com, click "Library" at the top, scroll down & look under "Tools."

EAP Monthly Webinar Series – December 22nd, at 3:00PM

The Psychology Behind Saving Money and Other Good Habits

Most people can honestly say they believe it's important to spend within their means and to save money for the future. Unfortunately, good intentions are often at odds with how our mind works. For example, many people want to save for the future but have no motivation to because they have not imagined that future. This course addresses the psychology behind saving money and adopting good financial habits. It will examine recent research related to how and why people save vs. spend and identify strategies for participants to change their financial mindset and develop new habits.

Register at: <https://attendee.gotowebinar.com/register/773611256455465475>

Quarter 1 2017 EAP Campaign – Physical Well-Being – Webinar Schedule

January 26th @ 11AM – Healthy Lifestyles: Changing the Way You Think About Diet and Exercise

February 23rd @ 11AM – Healthy Food Choices on the Go

March 23rd @ 11AM – Developing Will Power and Self Control to Change Behavior

Help Little Smiles Last A Lifetime.

Growing up can be tough on teeth, but regular visits to the dentist help children develop great smiles. And in between visits, LifeSmile from Delta Dental can help keep your child on the path toward a healthier, happier life.

Are You Protecting Her Smile?

- Tooth decay is the single most common chronic infectious disease affecting U.S. children.
- Clean your baby's teeth with a clean, soft cloth or a baby's toothbrush.
- When the first baby tooth erupts, start brushing your child's teeth with a child-size brush and a tiny drop (about the size of a grain of rice) of fluoride toothpaste.
- At about age two, increase to a small pea-size amount of fluoride toothpaste, but until about age six, put the toothpaste on the toothbrush for your child.
- Supervise and help your child brush until age six or until they demonstrate they can do a good job on their own—try brushing their teeth first and then letting them finish.
- Give them a healthy start. Bring your baby to the dentist by age one.



<https://portal.rxsavingsolutions.com/#/register>

Check Your Formulary, and Save

Members of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by simply checking their formulary. A formulary, also known as a preferred drug list, is a list of generic and brand name drugs that are

preferred by a health plan. Health plans will choose formulary drugs that are just as safe and effective as the alternatives, but cost less. Formularies are reviewed by a team of pharmacists and physicians, and are updated regularly, so it is important for patients to re-check their formulary periodically. January 1st is right around the corner, and this is a common time for formularies to undergo major changes.

Here is an example of how checking your formulary can save you money:

In 2016, SEHP members paid an average co-insurance of \$556.33 for 30 capsules of the muscle relaxer Amrix® 15mg extended release, which is a non-preferred drug. However, SEHP members paid an average co-insurance of \$2.49 for 90 tablets of cyclobenzaprine 5mg, which is a preferred drug in the same drug class as Amrix®. That is a savings difference of \$6,646.08 per year!


Significant savings can be found by switching to a preferred formulary drug. We encourage you to check the list of the SEHP formulary changes, and to discuss covered alternatives with your doctor if you are affected by these changes. It is important for patients to be active participants in managing their health.

References: <http://www.opm.gov/faqs/QA.aspx?fid=fd635746-de0a-4dd7-997d-b5706a0fd8d2&pid=162b86b1-5da8-45dc-ab32-3385f17e3460>




2017 HealthQuest Portal Demo

Webinars are being hosted in December to demo the new portal and hear from both Cerner and Naturally Slim. There are still spots available in the Fri, Dec 16, 2016 1:30 PM - 2:30 PM CST webinar. To register click on this link: <https://attendee.gotowebinar.com/rt/2191015890339316482>



Required Activity


Health Assessment	Credit Value 10	Credit Max 10	Dollar Value \$100	Dollar Max \$100
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Healthy Range Incentives

Biometric Screening Participation	5	5	\$50	\$50
Blood Pressure <120/80	6	6	\$60	\$60
Total Cholesterol <200	6	6	\$60	\$60
Glucose <100	6	6	\$60	\$60
Tobacco Free	3	3	\$30	\$30
Tobacco Cessation Program	6	6	\$60	\$60

*Reasonable alternatives are available for all Healthy Range Incentives.



Wellness Activities

Annual Dental Exam	3	6	\$30	\$60
Annual Eye Exam	3	3	\$30	\$30
Annual Well Man or Woman Exam	5	5	\$50	\$50
EAP Webinars	1	3	\$10	\$30
Health Coaching	1	10	\$10	\$100
Kansas Financial Learning Modules	1	5	\$10	\$50
Naturally Slim Weight Loss Program ...	15	15	\$150	\$150
Register for Castlight Health	1	1	\$10	\$10
Register for RX Savings	1	1	\$10	\$10
Wellness Challenges	4	20	\$40	\$200
Wellness Workshop	1	3	\$10	\$30

All households be on the lookout for a home mailer as well as an email communication with detailed instructions on how to register an account on the new portal!

Registration can begin as of **1/1/2017!**

New this year we will have:

- auto-awarded preventative exams
- face-to-face coaching
- a specialized weight management program
- team wellness challenges
- and much more!

Check out - **Naturally Slim** – our new weight management vendor!

<https://www.youtube.com/watch?v=0hsEvJWxmK0>



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